

### Abstract

An apparatus used for massaging a person's back by themselves. By laying your back over the cylinder shaped apparatus (Massage Tube) in a horizontal position parallel to the ground and knees bent you slide your body back and forth over the Massage Tube with the use of your legs. The ribbed and semi-pointed surfaces coupled with the weight of your body and sliding motion massages the muscles and associated areas in the back and neck, however not limited to the back and neck. A key element of this apparatus is the ability to adjust the height and pressure by an inlet air valve located on the side. This allows the apparatus to adapt to the users body shape and comfort level by adding or releasing air. The unique cylinder design is the key element of the invention helping stabilize and balance the user during massaging, exercising and stretching.